



ARMY NATIONAL GUARD

SAFETY SENSE

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Drunk driving will ruin a holiday and a life



"As fall finally arrives in the Black Hills and across the state, you will hardly have time to prepare for winter before the Holidays are upon us. If you haven't been to a department store in a while, you have missed the reintroduction of the Christmas Decorations, already.

Many people will start to take vacations and travel to relatives' homes across the country or around the globe, many others will stay right at home and enjoy the family members that come to visit or who enjoy the time alone.

No matter how you choose to enjoy it, do it responsibly. All too often a single drink turns into "just one more". That single drink may be enough to reduce your inhibitions that would normally stop you from driving. The

words "I'm OK to drive" typically translates to, "yea I've had a couple and probably shouldn't."

Local law enforcement and South Dakota Highway Patrol Troopers will be conducting saturation patrols as well as DUI and seat belt safety check points throughout the state. The check points are designed to detect operators who may be under the influence, seat belt usage and speed enforcement. These extra patrols also deter people from drinking and driving, this is why the locations are publicized in the papers and on the radio.

A taxi might cost around \$1.50 to \$2.00 per mile, where as a DUI will cost you between \$5000.00 and \$10,000.00 when you calculate bail, towing and impound fees, fines, lawyer costs, increased insurance rates and the SR-22.

That is the legal aspect of a simple DUI.

Add an accident in there and the costs sky rocket, costs that go beyond monetary value. The cost a life, possibly your own or a passenger. How would you feel to know that you caused the death of a stranger; a person heading home to their family for the holiday?

The cost of drinking and driving is too high to take lightly. You may get away with it once or twice, but eventually it will catch you.

If you are going to drink, don't drive; call a cab, call a friend, call someone sober or make arrangements to spend the night somewhere safe.

The last place you want to spend the holidays is in a jail or worse the morgue. Spend the season and the whole year safe, with family and friends."

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A person infected with Ebola can't spread the disease until symptoms appear

The time from exposure to when signs or symptoms of the disease appear (the incubation period) is 2 to 21 days, but the average time is 8 to 10 days. Signs of Ebola include fever and symptoms like severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising.

Ebola is spread through direct contact with blood and body fluids

Ebola is spread through direct contact (through broken skin or through your eyes, nose, or mouth) with blood and body fluids (like urine, feces, saliva, vomit, sweat, and semen) of a person who is sick with Ebola.

Objects (like needles) that have been contaminated with the blood or body fluids of a person sick with Ebola.

Ebola is **not** spread through the air, water, or food.

Protect yourself against Ebola

There is no FDA-approved vaccine available for Ebola. Experimental vaccines and treatments for Ebola are under development, but they have not yet been fully tested for safety or effectiveness.

To protect yourself from Ebola

DO wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Do **NOT** touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick.

Do **NOT** handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment.

Do **NOT** touch the body of someone who has died of Ebola.

How can you find answers about Ebola? The center for Disease Control and Prevention (CDC) website (<http://www.cdc.gov/vhf/ebola>) has additional information about Ebola.

HOLIDAY COOKING SAFETY TO USE YEAR AROUND

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill.

Typical symptoms of food borne illness are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

The symptoms usually are not long-lasting in healthy people—a few hours or a few days—and usually go away without medical treatment. But food borne illness can be severe and even life-threatening to anyone, especially those most at risk: older adults, infants and young children, pregnant women, people with HIV/AIDS, cancer, or any condition that weakens their immune system, and people who take medicines that suppress the immune system; for example, some medicines for rheumatoid arthritis

Combating bacteria, viruses, parasites, and other contaminants in our food supply is a high priority for the Food and Drug Administration. But consumers have a role to play, too, especially when it comes to safe food-handling practices in the home.

"The good news is that practicing four basic food safety measures can help prevent food borne illness," says Marjorie Davidson, a consumer educator at FDA.

1. Clean: The first rule of safe food preparation in the home is to keep everything clean.

2. Separate: Don't give bacteria the opportunity to spread from one food to another (cross-contamination).

3. Cook: Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

4. Chill: Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.

The U.S. Department of Agriculture offers more information on stuffing safety at its Turkey Basics Web page: http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-basics-safe-thawing/ct_index.

The FDA Food Information Line is: 1-888-SAFEFOOD (1-888-723-3366)



HERE IT COMES *Is your home ready?*

Make an Emergency Kit!

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps

READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



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